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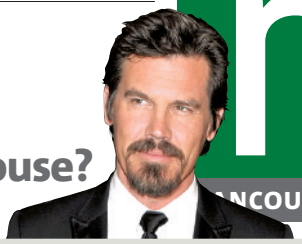
Celebrity Buzz

Brolin in the doghouse? pg 14



Relating pg 6

Bowling alone not healthy choice

Cambie store owner awarded $600K by court

CONSTRUCTION A Cambie Street merchant whose business was harmed by cut-and-cover Canada Line construction was awarded $600,000 in damages, a B.C. Supreme Court judge ruled yesterday.

Susan Heyes, owner of Hazel and Co., saw her profits drop in half because of the lengthy construction disruption outside her maternity-ware store.

Supreme Court Justice Ian Pitfield found that TransLink, Canada Line Rapid Transit and InTransitBC were liable of nuisance and awarded Heyes $600,000 for lost income between October 2005 and December 2008.

Heyes, who moved her store to Main Street at the beginning of the year, saw her profits drop from an average of $330,000 (2000-2004) to a low of $106,000 in 2007 when construction near 16th Avenue and Main Street was at its peak.

JEFF HODSON/METRO VANCOUVER

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

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- **See what other Metro readers are doing and saying about SunnySide**
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Please recycle

KRISTEN THOMPSON/METRO VANCOUVER

Fernando Navarro, 29, second from left, and his wife, Rochelle, middle, and nine of their 10 children outside their Surrey home yesterday. Navarro finds out on June 2 when — or if — he's being deported to Honduras. Rochelle is due to deliver their 11th child in September.

Father faces deportation

Roofer says order is due to communication glitch, lost paperwork in Ottawa

METRO WORLD NewsExclusive

KRISTEN THOMPSON
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Fernando Navarro gets teary-eyed when talking about his 10 children, and the soon-to-be born 11th whom he might never meet.

The Surrey roofer, who came to Canada 12 years ago from his native Honduras, has been ordered deported for what he says is a communication glitch from lost paperwork in Ottawa.

"I leave (for work) everyday thinking of when the (deportation) day comes," said Navarro, 29.

"I don't know if I'll see (my kids) again. I don't want to go to my country. I never expected this to happen to me. I thought I was safe here."

Navarro and his wife, Rochelle, are desperate to convince the Ministry of Immigration to overturn his June deportation, which will leave the stay-at-home mom without an income and a partner.

"If he goes back, my kids will be just devastated," said Rochelle, breaking down in tears. "All we want is for them to re-open the case."

Fernando said he was sent to Canada by a drug lord to work off his father's debts.

After meeting Rochelle — who already had three children and custody of her cousin's son, who was born addicted to heroin and crack — he abandoned the drug lord.

Applications to stay as a refugee or be sponsored were denied, and the couple applied to allow Fernando to stay on humanitarian and compassionate grounds, saying he could be killed if sent back to Honduras.

> **"I never expected this to happen to me. I thought I was safe here."**
> Fernando Navarro

The government required he fly to Ottawa to get a Honduran passport, but the Navarros say when they moved to their new home in December, their change of address letter was lost by the Immigration Ministry.

"They sent a registered letter to the old address saying we had until Jan. 25 (to get the passport), but we were unaware of this letter," Rochelle said, adding that the Ministry then closed the case.

The couple contacted their MP, Nina Grewal, whose office forwarded a letter from the family to the government, pleading for a second chance.

Grewal could not be reached for comment yesterday.

David Aujla, an immigration lawyer in Vancouver, said it would be draconian of the government to deport Navarro simply for not having got his Honduran passport.

"From Immigration's perspective … they say, 'If you don't respond (to our letters), then you're no longer interested in (immigrating).'"

Aujla said the matter can be corrected if Grewal appeals directly to the Minister of Immigration.

"(Fernando's) got more than enough time to get an application into federal court (for a stay of deportation)," said Aujla.

"My suspicion is once Immigration has been made aware of (the fact that the family) is here and there are humanitarian issues, then they should reverse the decision. The door is still open."

ShareYourViews
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Need for bathroom popular excuse

Needing to go to the bathroom is one of the top 10 excuses British Columbians give police for speeding, according to a list released by ICBC yesterday. Other popular defences include being late for school, being in labour, arguing with a spouse and passing a slow driver. METRO VANCOUVER

Local

Heat over Vegas trip

Vancouver City Hall is under fire for sending five IT workers to Las Vegas for four days of computer training in April, at a cost of nearly $20,000. The trip was booked earlier in the year, before the city's deficit budget was announced.

NEWS1130.COM

News in brief

ATTACK A man has been sentenced to three months in jail for punching a 23-year-old transit rider in the face about eight times. Terry Cumming was also arrested a second time at his trial after the original assault victim was threatened while he sat with his parents waiting to give evidence.

CAR Two Grade 8 girls were hit by a stolen car on their way to school in Coquitlam yesterday but escaped with minor injuries. The driver, who initially walked away, was arrested.

PROBE The last of 80 witnesses in the inquest into Robert Dziekanski's death testified yesterday. Engineer Duane MacInnis said that video evidence doesn't support the RCMP's claim that the man was advancing on officers.

METRO NEWS SERVICES

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What's online today.

Video Poll finds national pride has most coffee drinkers choosing Tim's over Starbucks at **metronews.ca/canada**

Lotteries

Lotto 6/49: 3, 4, 24, 26, 29 and 49. Bonus 13.
These results are not official.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

Mountie justified in '04 shooting: Report

Complaints commissioner finds fault with investigation

JEFF HODSON
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A Mountie who shot and killed a man on an icy field in Vanderhoof was justified in his use of deadly force, the RCMP complaints commissioner said yesterday.

However, Paul Kennedy, chair of the Commission for Public Complaints Against the RCMP, said parts of the subsequent RCMP investigation lacked impartiality and failed to follow the force's own procedures.

RCMP Const. Ryan Sheremetta, then 22, shot Kevin St. Arnaud, 29, three times in the chest on a snow-covered soccer field after a chase in December 2004.

St. Arnaud was intoxicated.

He had broken into a pharmacy and had fled police.

Kennedy concluded that the shooting was done in self-defence because Sheremetta thought St. Arnaud "posed a threat of grievous bodily harm or death."

"This was indeed a very sad and tragic outcome to a police interaction and one that no police officer ever wishes to see or hear about."
RCMP Chief Supt. Dick Bent

Sheremetta testified in a January 2007 inquest that he slipped and fell onto his back as St. Arnaud advanced upon him.

He said he shot the 29-year-old three times while on his back.

The testimony, however, was contradicted by that of Sheremetta's partner, Const. Colleen Erickson, who testified that Sheremetta was standing at the time when he shot St. Arnaud.

Responding to Kennedy's report in Vancouver yesterday, RCMP Chief Supt. Dick Bent expressed his condolences to St. Arnaud's family.

"This was indeed a very sad and tragic outcome to a police interaction and one that no police officer ever wishes to see or hear about," Bent said.

No bottled-water ban for parks

The Vancouver Park Board is not banning the sale of bottled water at community centres and kiosks.

Parks commissioner Aaron Jasper said bottled water has been eliminated from board and staff meetings, but will continue to be sold at park facilities.

Bottled water sales hauls in about $150,000 in revenue and another $100,000 in sponsorships with Coca-Cola.

Another concern, Jasper added, is that without bottled water as an option, thirsty people would end up purchasing a less healthy option like pop.

On April 23, the city banned bottled water and asked the parks and PNE boards to consider similar bans.

Laura Ballance, a spokeswoman for the PNE, said banning bottled water was "not a viable option for guests," some of whom remain on site for up eight hours in the August sun.

JEFF HODSON/METRO VANCOUVER

SUBMITTED PHOTO

Tour guide and mega Twilight fan Amy Burrows stands in front of "Bella's house" on the Twilight movie set.

Tours cater to Twilight fans

KELSEA BLOXAM
for Metro Vancouver

Two local Twilight fans have found a way to share their love for the new phenomenon while making a small profit.

Twilight Saga Vancouver Set Tours offers fans the chance to get up close and personal with the sets and if the productions are in town, even catch a glimpse of the actors shooting.

Allie Henze and Amy Burrows came up with the idea after friends and people they met online offered the mega fans money for set tours.

They've been doing set tours "for a while" but only launched a website advertising them just over a week ago.

"We haven't received any response from (the production company) and we don't want to interfere with anything. If the production company had a problem with it we would definitely stop," said Henze.

The tours are well over 75 per cent booked for July and August.

"It's been pretty overwhelming with the email and trying to get through them," said Henze.

Packages range from $199 to $799. The more expensive are two-day visits to the Tofino set. The tours offer full transportation as well as a money back guarantee if the duo is unable to spot the tourgoers' favourite Twilight star.

Henze said the pair remain Twilight fans first and entrepreneurs second.

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Wheels in motion for awareness

KELSEA BLOXAM
for Metro Vancouver

Some employees at Scotiabank branches across the Lower Mainland experienced a day in a wheelchair yesterday in support of the Rick Hansen Wheels in Motion event.

The experiment was designed to encourage an understanding of what it's like to navigate life using a wheelchair, leading up to the event on June 14.

Scott McQuillin, a six-foot-eight customer service manager, said it has been an "awkward fit" but a great experience.

"I tried to go to the Bentall Centre for lunch. I almost tipped as I went across the street so I decided to come back and almost tipped again," said McQuillin.

The event is in its seventh year and has raised $9.6 million for programs that improve the quality of life for those in wheelchairs.

Man injured after Burnaby shooting

KELSEA BLOXAM
for Metro Vancouver

CRIME A man remains in hospital in serious condition after being shot in an underground parking lot in Burnaby.

RCMP responded to several calls about shots being fired on Tuesday just after 10 p.m., and arrived to find a man suffering from gunshot wounds.

Cpl. Alexandra Mulvihill said there were numerous witnesses to the shooting, which appears to have been a targeted hit.

"Two vehicles believed to be involved fled the scene and witnesses were able to provide good vehicle descriptions," said Mulvihill.

News in brief

WILDFIRES Two firefighting crews from B.C.'s Rappattack program have been deployed to central Alaska to help manage increasing wildfire activity there.

ENTERTAINMENT Standup comic Jeff Foxworthy is performing at GM Place tonight. The American comedian and actor, who has released six major-label comedy albums, is also the host of the quiz show Are You Smarter Than a 5th Grader?

METRO NEWS SERVICES

Iraq suing British paper for story criticizing PM
Iraq's intelligence service is suing Britain's Guardian newspaper for defamation, after it ran a story describing Prime Minister Nuri al-Maliki's administration as "increasingly autocratic," the newspaper said. REUTERS

Canada/World

Fire Flaherty: Grits

Ignatieff takes hawkish approach in wake of deficit

Smelling blood, Liberal Leader Michael Ignatieff and other opposition politicians seized on the Conservatives' $50 billion deficit bombshell to accuse the Harper government of failing Canadians on the economy.

Ignatieff called on Prime Minister Stephen Harper to fire Finance Minister Jim Flaherty and sounded a new, more hawkish note yesterday about possibly defeating the Conservative minority and forcing an early election.

While Harper ignored the demand to fire his finance minister, Ignatieff expressed growing frustration with the Conservative minority government on key economic issues.

"There isn't a number that comes out of that man's mouth that Canadians can believe."
Liberal Leader Michael Ignatieff, on Finance Minister Jim Flaherty

Those include reforming employment insurance, speeding stimulus spending and the changing deficit projections. "We've got an EI crisis to which they are not responding. Second point, the stimulus is not out the door ... third, the public finances are in free fall and he (Flaherty) can't tell us where the bottom is," Ignatieff said.

"On these three grounds, it's getting very difficult to work with the government," he told reporters after the Commons question period.

The Liberals used the revelation of the larger than expected deficit number to take aim at Flaherty, accusing the finance minister of misleading Canadians dating back to last fall as the effects of the slowdown started to bite.

"There isn't a number that comes out of that man's mouth that Canadians can believe," Ignatieff said.

TORSTAR NEWS SERVICE

Car bomb retaliation for strikes on Taliban: Officials

PAKISTAN Gunmen attacked a police headquarters in the Pakistani city of Lahore yesterday, setting off a car-bomb that killed at least 24 people in what the government said was revenge for an offensive against the Taliban.

There was no claim of responsibility for the attack, which wounded nearly 300 people and caused extensive damage. It came after warnings of strikes in response to the army's attack in the Swat region.

"I believe that anti-Pakistan elements, who want to destabilize our country and see defeat in Swat, have now turned to our cities," Interior Minister Rehman Malik said.

The bomb, which officials said was a suicide attack, brought down a government ambulance service building and damaged a nearby office of the military's main intelligence agency. Security officials said a senior intelligence officer was killed and the agency office might have been the target. REUTERS

Clinton urges Israel settlement halt

ISRAEL The U.S. wants Israel to stop expanding Jewish settlements without exception, Secretary of State Hillary Clinton said yesterday, promising that Washington would push this point with its ally.

President Barack Obama, said in a meeting May 18 with Israel's Prime Minister Benjamin Netanyahu that "settlements have to be stopped in order for us to move forward."

Palestinian President Mahmoud Abbas, who met Clinton yesterday and sees Obama today, has ruled out restarting peace talks until Israel halts all settlement activity. REUTERS

News in brief

TAMIL CONFLICT The Sri Lankan government has relaxed restrictions on motor vehicles in the country's largest refugee camp that had hampered aid distribution, though the needs of 220,000 people displaced into the Manik Farm remain acute, the United Nations said yesterday. REUTERS

Washington Spelling to win

LARRY DOWNING/REUTERS

Speller Katelin Peters, 13, of Regina takes part in Round III of the 2009 National Spelling Bee in Washington. Twenty-two of Canada's best spellers are taking part in the international competition.

Jean's seal snack makes blogs

INTERNET Gov. Gen. Michäelle Jean might have outraged animal rights activists when she ate a bloody piece of a seal's heart while at an Inuit festival earlier this week. But less passionate observers favoured silliness over anger when the feeding frenzy put Canadian quirks — like our constitutional monarchy — in the spotlight and the blogosphere chattered cattily about the snack.

TORSTAR NEWS SERVICE

News in brief

BORDER SAFETY U.S. security czar Janet Napolitano bristled yesterday when asked to explain her view of Canada as the source of the 9-11 terrorists and chided Canadian reporters for not dropping her "earlier misstatement," at a conference with Public Safety Minister Peter Van Loan.

TORSTAR NEWS SERVICE

Business

In brief

AUTO Electric car maker Zenn Motor Co. posted a slightly wider second-quarter net loss as the downturn in the automotive sector hurt its revenue. For the quarter ended March 31, Zenn reported a net loss of $2 million, compared with a loss of $1.8 million a year ago.

CURRENCY The Canadian dollar rallied to its highest level since early October midday yesterday, hitting 90.11 U.S. cents, but late in the session it turned lower and relinquished a chunk of the sharp gains recorded in recent months.

CRUDE Oil prices hit a six-month high near $64 US a barrel yesterday after Saudi Arabia said the global economy had strengthened enough to cope with oil priced at $75 to $80 a barrel. REUTERS

GM tries to stay alive in Canada

Bankruptcy looming in U.S.

General Motors is desperately trying to keep its Canadian operations running as its parent heads towards bankruptcy court protection in the United States and possibly Canada during the next week, a top union leader says.

GM is even paying edgy suppliers in advance for parts to assure that production of popular models can continue at assembly plants during any court proceedings when payments might be in doubt, Ken Lewenza, president of the Canadian Auto Workers, said yesterday.

"They have indicated to us they are doing everything possible and in their power to avoid a Canadian shutdown," Lewenza said.

Chrysler LLC immediately shut down its operations in the U.S. and Canada earlier this month when it gained temporary court protection from creditors south of the border.

A temporary GM shutdown would cause thousands more layoffs here and even more damage to the reeling auto sector.

Lewenza explained GM wants to maintain output particularly at operations that build popular models, including the new Chevrolet Camaro sports car and Impala mid-size car in Oshawa, Ont., and the Chevrolet Equinox sport utility vehicle at the CAMI plant in Ingersoll, Ont.

A GM spokesperson would not comment on any production plans if the parent company pursues court protection.

But GM Corp. officials have said bankruptcy proceedings in the U.S. are probable within the next week. TORSTAR NEWS SERVICE

Rejection

- Yesterday, bondholders rejected an offer whereby they would exchange $27 billion US in debt for 10 per cent of a reorganized GM.

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Canucks extend Rypien
The Vancouver Canucks and Rick Rypien agreed to a two-year extension yesterday. Rypien has seven points in 41 career games. METRO NEWS SERVICES

Sports

EDITOR: CHRIS CLEMENTS, CHRIS.CLEMENTS@METRONEWS.CA

MARK BLINCH/REUTERS

The Detroit Red Wings celebrate their overtime series win over the Chicago Blackhawks in the Western Conference final last night.

Wings, Pens to meet again

Stanley Cup
2009 **Playoffs**

(Detroit wins series 4-1)

Chicago 1 **Detroit** 2 (OT)

Here we go again.

The Red Wings are back in the Stanley Cup final to defend their title after Darren Helm scored the game-winning goal 3:58 into overtime, as Detroit vanquished Chicago 2-1 in Game 5 of the Western Conference finals at Joe Louis Arena.

In the extra session, Red Wings defenceman Brett Lebda fired a shot from the point that caromed off the active boards to the left of Chicago goaltender Cristobal Huet. Tomas Holmstrom knocked it out of Huet's pads across the crease and Helm banged the puck into the wide-open net.

Coupled with Pittsburgh's win over Carolina in Game 4 of its Eastern final on Tuesday, the Red Wings and Penguins will meet for a second consecutive season for hockey's silver prize.

METRO NEWS SERVICES

Lakers take series lead with win

(Lakers lead series 3-2)

Denver 94 **L.A. Lakers** 103

Kobe Bryant scored 22 points and dished out eight assists, and the Los Angeles Lakers used a major second-half run to move a victory away from a return trip to the NBA finals with a 103-94 triumph over the Denver Nuggets.

Lamar Odom had a spectacular game with 19 points, 14 rebounds and four blocks in a reserve role for the Lakers, who grabbed a 3-2 lead in the best-of-seven Western Conference finals.

Game 6 will be in Denver tomorrow, when the Lakers can punch their ticket to the title series. Last year, they were beaten in six games by the Boston Celtics.

METRO NEWS SERVICES

Sports in brief

SOCCER Vancouver Whitecaps FC claimed their second win in the Nutrilite Canadian Championship following a 1-0 home victory over Montreal Impact last night.

COYOTES A U.S. bankruptcy judge has accelerated the schedule for determining whether Jim Balsillie can buy the Phoenix Coyotes and move the franchise to southern Ontario over the objection of the NHL.

METRO NEWS SERVICES

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Comment

Pin your happiness on bowling

We spend a lot of time in this space parsing the pitfalls of life with your one and only, but what about everyone else? What about your relationships with family and friends, co-workers and neighbours, the vaguely familiar people you pass on the street?

Harvard researcher Robert D. Putnam, in Bowling Alone: The Collapse and Revival of American Community, argues the connections we form with others comprise "social capital," and produce tangible benefits.

Putnam's title comes from the disappearance of once-ubiquitous bowling leagues across America, which he sees as an indicator of a more general weakening of Americans' connections with friends, family and neighbours, and declining participation in churches, volunteer groups or political parties.

Signs of the increasing civic disengagement he chronicles south of the border can also be seen in Canada, where only 58.8 per cent of voters bothered showing up to the polls in last fall's election, our worst turnout since Confederation. We'd set the previous record for apathy, a 60.9 per cent turnout, in 2004.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

All is not lost here, of course. Get your car stuck in the snow, and passing strangers are still likely to stop and push you out. That, too, is social capital.

Sure, we're social animals, and relating feels good, but the uses of social capital aren't all warm and fuzzy richness-of-life stuff. As Putnam points out, heaps of research shows you're more likely to get a job on the basis of who you know rather than what you know. The more, and the more varied, connections you have, the easier it is to get ahead.

In terms of social capital, as Putnam measures it, the benefits of joining a club are equivalent to doubling your income. Getting married is the same as quadrupling it.

So, do you know your neighbours well enough to gossip about them? When your phone rings, are you pretty sure it's another telemarketer? When was the last time you saw a member of your family who doesn't live in the same city, or one who does, for that matter?

Are you a connected and interconnected social capitalist pig, or a lone bowler?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

The new attitude shift toward thriftiness

Apparently I live on the cutting edge of a new trend. I don't have cable TV, air conditioning or even a dishwasher and that, says the Pew Research Center, means I am part of a "pervasive new creed of thrift" that is sweeping North America.

Pew surveyed American adults to determine what people consider a necessity and what they view as a luxury. The study was done after the markets crashed and people started losing their houses and jobs, so it isn't so surprising there's an attitude shift. When you watch your retirement savings evaporate and cannot make your mortgage payment, that new home entertainment system does start to look like a luxury you can live without.

Choosing between necessity and luxury is easy when you decide to live on a boat. Our move to a boat in Victoria's inner harbour was a lifestyle choice, motivated by upheaval on the job front and a longing for a simpler life. In three weeks, I divested myself of 30 years of possessions and became a convert to extreme thrift. And now it seems I am a bellwether for the entire continent.

The Pew study also found that people are changing their spending habits. More people are shopping in discount stores, cutting back on alcohol and cigarettes, doing their own home repairs, and planting vegetable gardens. I read the report, mentally checking off each one of these new habits.

We do not have cable, although we do have high-speed Internet. We have a small flat-screen TV we use for watching rented movies. There isn't room for major appliances. We rented a plot in a public garden to grow vegetables and have boxes on the dock for the herbs we like. We have library cards and use them. We do not buy anything that we do not absolutely need, which means we have not bought anything in the last six months.

Watch us. We are the trend-setters.

Denise Rudnicki is a West Coast-based writer, communications executive, and journalism instructor at Royal Roads University; drudnicki@gmail.com.

MICHAEL DE ADDER

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Bio Spectra's Attitude products are once again pushing the envelope for eco-responsibility by becoming the world's first and only line of household products that are both eco-certified and carbon neutral.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A long, hard search for a good mat

HomeScape
Sylvia Putz
metronews.ca/homescape

Do you wince when you see grimy kitchen mats? And if you decide to get a newer model for your home (or a friend's home), do you wince again when you survey the uninspiring assortment of mats at the local house wares store?

I don't know about you, but the images of ducks done up with blue ribbon are just a little cutesy for me.

What to do? Many of the kitchen mats currently available lack a certain style quotient, to put it mildly, but they may save your back and prevent your legs from aching as you do your kitchen chores, especially on hard tile floors.

"Of course, natural mats of grass and straw can be lovely as well, and they might do just about anywhere else. But not in a kitchen."

Moreover, these mats will soak up water drips and hold scraps of peelings or crumbs that fall to the floor. This way you can shake out the mat rather than walking through the wet mess and spreading it all over the kitchen.

They're a fantastic idea, but do they have to be so ugly?

Well, after looking around a little more thoroughly, I found many more ugly ones, but — surprise — a few very attractive ones.

One product I noticed was a natural-looking woven vinyl mat, complete with elegant woven edges. There are a few different manufacturers, but one of the most price worthy rugs I saw are from a Toronto-based company called The Tate Group, formerly MacFABhome. They can be bought at selected retail locations across Canada — info@macfabhome.com or info@thetategroup.com to inquire about retail locations.

After looking around a little, our columnist was able to find many ugly kitchen mats, but — surprise — a few very attractive ones came out of the woodwork too.

These rugs range in price from $24 to $300 depending on the size of the mat, and are backed by cushy rubber backings. There are six standard rectangular sizes, which run from the smallest (doormat) at 20" x 28", to the largest (large area rug), at 54" x 96". Also included in the selection is a hall runner, which measures 28" x 84".

The natural woven look of these mats come in several different textures, including a coarser weave, a tighter weave, and several different patterned weaves. And they come in a variety of muted colours, including reed, terracotta, black walnut, twig, sand, midnight and praline. Check TheTate Group.com to take a look at the colours, or better yet visit a retail location to check the look and feel more closely.

I noticed other similar synthetic products, such as the Chilewich mats from a New York-based company. They're equally lovely, with more of a selection in terms of colour and pattern, and the mats can be customized to fit a specific space. However, be prepared for a higher price tag; they range from $360 for a 3' x 5' mat, and up to $600 for a 5' x 10' mat. Bindings around the outside are extra.

They're carried at retailers like Elte in Toronto. Check chilewich.com for more information about other retailers across Canada.

Of course, natural mats of grass and straw can be lovely as well, and they might do just about anywhere else. But not in a kitchen. Cleaning is a necessity here, and natural grass or straw just doesn't stand up to the abuse. Vinyl rugs are water and stain resistant, and can be used both indoors and outdoors since they are resilient to mould and mildew. They can be wet mopped and vacuumed, and tough stains can be treated with mild detergent and a little elbow grease.

Just don't put them on a heated floor, or you may have a goopy mess on your hands.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Polar Ice Vodka is launching its second Special Edition Canadian AIDS Society bottle — with each bottle sold, $1 is donated to the charity. In June, Polar Ice is on the hunt for next year's bottle artist. Visit cdnaids.ca/polarice/index.html for details on submitting your design. METRO NEWS SERVICES

Food

Choose rhubarb stalks that are firm and crisp. If plucking from your backyard, twist off stalks rather than cutting. Pick slender stalks — one should yield about 1/2 cup (125 ml) chopped. BARB HOLLAND/FOR METRO CANADA

Careful

Avoid eating the leaves as they contain a potential toxin called oxalic acid.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

You'll go crazy over this crumble

À la carte

Barb Holland

metronews.ca/alacarte

It's spring, and the appearance of local farmers' markets signals the beginning of the best time to eat seasonally.

When you shop at farmers' markets, you get the healthy benefit of eating foods at their nutritional peak and at their tastiest; as well as reducing your carbon footprint and supporting local growers. Check with your provincial association and harvestcanada.com to find your closest market.

Recognized by its large, green elephant ear-like leaves and long stalks, rhubarb is one of the earliest crops to push its way out of the ground.

Rhubarb Strawberry Crumble

A crumble is simply fruit topped with a mixture of sugar, flour, butter and often nuts, which bakes into a crisp topping that offers much of the satisfaction of a pie with a lot less work, fewer calories and less fat. You can substitute many kinds of fruit for the rhubarb strawberry mix, or use all rhubarb. Makes four to six servings.

INGREDIENTS:

Topping:

- 1/3 cup (75 ml) sliced almonds
- 1/3 cup (75 ml) all-purpose flour
- 1/3 cup (75 ml) lightly packed brown sugar
- Pinch salt
- 3 tbsp (45 ml) cold butter, cut into 1/4 inch (5 mm) pieces

Fruit Mixture:

- 4 cups (1 l) sliced rhubarb (1-1/2 lbs/750 g), about 1/2 inch (1 cm) slices
- 1 cup (250 ml) halved (or quartered if large) strawberries
- 2 tbsp (30 ml) each: all-purpose flour, brown sugar and granulated sugar
- 1 tbsp (15 ml) fresh lemon juice

METHOD:

Preheat oven to 350 F (180 C). While oven is heating, spread almonds in a rimmed baking sheet. Bake until just golden and fragrant, 6 to 8 minutes. Do not allow them to brown.

In small food processor, place almonds, flour, brown sugar and salt, process until a fine meal. Transfer to a bowl. With fingers work in the butter until mixture is very crumbly. Refrigerate 15 minutes or up to two days (covered and refrigerated until needed).

Butter a 6 cup (1.5 l) baking dish. In a large bowl, combine rhubarb and strawberries. Combine flour, brown sugar and granulated sugar; sprinkle over fruit and toss well. Sprinkle with lemon juice and toss again. Spread fruit evenly in baking dish and spread topping over all.

Bake until fruit is bubbling and top is browned, 40 to 50 minutes. If top is browning too quickly, cover loosely with foil. Serve warm or at room temperature.

BARB HOLLAND/FOR METRO CANADA

Rhubarb Strawberry Crumble.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Beauty of the blend

The lexicon of liquor has many baffling entries, some of which need more explanation than an episode of Lost.

Take the term "blend." Consumers are just fine associating it with scotch, but in our single varietal world there seems to be a stigma attached to the idea that wines can be a mix of different grapes.

If you believe that, consider this. The concept of blending grape personalities is the foundation of some of the finest wine regions on Earth: Think France's Bordeaux and Champagne, Italy's Veneto and Portugal's Douro Valley.

Some grapes naturally go together. Others may seem unlikely but create magic in the bottle. The **2007 Hardy's Stamp Series Chardonnay Semillon ($9.95 - $11.99)** from Australia is a good example. You wouldn't think the pair would make a likely couple, but the chard offers a rounded, buttery flavour that's massaged nicely by the slight honeyed flow of the semillon.

How about a marriage of chardonnay, muscat and chenin blanc? The **2007 Folie à Deux Ménage à Trois White ($17.99 - $19.98)** is a jazzy Californian combo that shows lots of citrus, melon and ripe exotic fruit flavours while perfectly illustrating that the art is definitely in the blend.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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BAREFOOT FOR A CAUSE

In 2001, a heart-broken Bilaal Rajan saw photographs of people whose lives had been taken or ruined by the earthquake in Gujarat, India. The four-year-old boy sold Clementines door to door in his southern Ontario neighbourhood to raise money for the victims.

"It truly wasn't fair that these people, just because they lived in different places, should have to suffer such tragedy," he says. He saw they needed someone to help them. "I came back to myself here in Canada and I realized that that person could be me."

Rajan has since raised millions of dollars to help orphans, build a school in Tanzania, assist people hit by hurricanes in Haiti and the tsunami in South-East Asia. Rajan is still only 12.

Last month, he spent a week walking barefoot to raise money and awareness for poor kids around the world. Thousands of people in ten countries joined in. "I had about four blisters, seven spider bites, I stepped on some glass, I almost stepped on a nail, but I guess that's life, right?" he says.

"The thought that carried me through the week was, if others can do it for their whole lives, why can't I do it for a week?

His first trip abroad was to South-East Asia after the 2004 tsunami, followed by a trip to Malawi in 2005.

Rajan is excited about his latest project, Sudokuhub.com. The web fundraiser is to be launched late summer or fall and will let players turn games into food. For every number solved, a package of "plumpy nuts," a healthy snack, is donated to a malnourished child.

Beyond that, he wants to continue being an activist. "As a career, I'd like to be an astronaut and a neurosurgeon," he says.

Bilaal Rajan, has written a book, founded an organization and is a child ambassador for UNICEF Canada.

Bilaal Rajan has packed a lot into 12 years. He's written a book, Making Change: Tips from an Underage Overachiever, and turned that into a website, Makingchangenow.com, to reach his goal of getting one million kids involved in their communities.

He founded an organization, Bilaalrajan.com, to focus his fundraising efforts. He's a child ambassador for UNICEF Canada, was named a junior citizen of the year and numerous other honours. Oh, and he speaks English, French, some Spanish, Mandarin and Swahili.

Spelling his way to victory

There was nothing fishy about the way Zakhar Husak performed last weekend. The home-schooled Husak correctly spelled "caviar" to clinch his victory in the primary division of the Spelling Bee of Canada 22nd Annual Championship at the Delta Chelsea in Toronto on Sunday. The eight-year-old beat out 28 children, ages six to eight, to take the title.

Zakhar won $1,000, a trophy and a number of other prizes. Also placing in the annual bee's primary division were Niu Niu Wang, from Windsor, Ont., in second place, and Toronto's Neherika Nair winning third place. Both are eight years old.

Kid wears his pride on his shirt

An eight-year-old Canadian boy named Eric is on top of the world after his t-shirt design was picked from hundreds of submissions around the country to represent Canadian pride.

His shirt, titled Proud to Be Canadian, shows a red-and-white maple leaf background with a cute cartoon beaver smiling and holding a hockey stick.

Proceeds from sales of the shirt he designed will go to provide safe, fun, healthy activities at school for children in kindergarten through the seventh grade, showing that little Eric not only has talent but a heart of gold as well.

Hungry cat a lifesaver

Twelve-year-old Bilaal Rajan isn't the only one helping others. Angela and Peter Papdimitriou always knew their cat Nemo was a special gift in their lives but they never could have expected Nemo would give them back the gift of life.

Nemo has made a habit of waking up Angela and Peter for breakfast every morning with a warm, furry cuddle. One morning last September, Angela awoke to find Nemo behaving far more frantically than usual.

Angela tried to get her husband's attention to see if he knew what Nemo was getting at when she discovered Peter wasn't breathing and didn't have a heartbeat.

Paramedics arrived and successfully restarted Peter's heart, telling Angela that if they had arrived even a few minutes later, Peter might not have made it.

Angela credits Nemo with saving her husband's life. "That morning if he hadn't been so persistent and woken me, it could have been too late. Nemo is a little angel," Angela said.

Peter had open-heart surgery that day and is back home in stable condition thanks to the skilled doctors and the cute, pudgy feline cuddle-lover who saved his life.

Feel Good Stories brought to you by Honey Nut Cheerios. EVERY DAY COULD USE a touch of honey

Local favourites
According to the Harris-Decima survey, a whopping 86 per cent of Canadians say they prefer to eat locally sourced food, with 77 per cent saying they are willing to pay more to do so. The survey was sponsored by Hellmann's for the new Eat Real, Eat Local campaign. Visit EatRealEatLocal.ca. METRO NEWS SERVICES

Urban Foodie

EAT reveals Vancouver's future

ANYA LEVYKH
anya.levykh@gmail.com

I was at the three-day food and cooking orgy that was the EAT Vancouver festival this past weekend.

I indulged in tastes of this and sips of that, and bought some new gadgets for my already overstocked kitchen. I also received a sneak preview of Vancouver's soon-to-be next generation of chefs at the B.C. Chefs Culinary Salon Competitions, in which novices — several of them still in high school and too young to vote — competed against young professionals in several categories.

If these young bloods are any indication of the future of dining in Vancouver, I'd say we can all breathe a collective sigh of relief — and just a little anticipation. Hopped-up gamers, these are not. The hallmarks of careful crafting, attention to detail and respect for simplicity were widely evident. Take the stylings of student Gary Ulgade, who won a silver for his collection of four main courses. His vegetable lasagne resembled nothing so much as a colourful round terrine that sung spring in no uncertain terms.

Artistic flair and creativity both made a strong showing. The grand gold winner in the Trio-Plated Appetizers category was Ken Chung, a young VCC student who is four months away from graduation. His prawn ball with scallop mousse was almost as cool as the seared beef carpaccio with bread-bacon stuffing. Kristen Jansen, a high school student who garnered a gold for her three-course plated lunch, created a melon trilogy for her appetizer, topped with jumbo prawn, crunchy caviar and crispy wonton. Her main of prosciutto-wrapped chicken breast stuffed with wild mushrooms and vegetable cream cheese was almost akin to the artistic workings at Lumière or Market.

The slight lack of polish occasionally evident in the some of the presentations will be easily cured by a few years in a professional kitchen. In the meanwhile, I may start trolling college kitchens for some of that bacon-bread stuffing.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

Kristen Jansen's melon trilogy with jumbo prawn and crispy wonton.

Ken Chung's cured smoked salmon, prawn bell stuffed with melon mousse, mackerel, quail's egg.

Gary Ulgade's vegetable lasagne, goat cheese-stuffed peppers, herb potato gnocchi.

ALL PHOTOS ANYA LEVYKH/FOR METRO VANCOUVER

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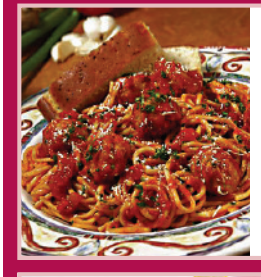

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Style

Versace denies friction

This week Italian fashion house Versace denied news reports there was friction between design head Donatella Versace and chief executive Giancarlo Di Risio. Newspapers have speculated about Di Risio possibly leaving the company. Daily Il Sole 24 Ore last week said he and design head Donatella Versace were "close to a divorce" because of disagreement over strategy. REUTERS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The neon conundrum

How to wear Day-Glo brights without the risk of burning someone's retinas

KENYA HUNT
Metro World News

It's the ghost of Wham! videos past. Or at least that's how some might view the comeback of neon colours.

If the fall '09 runways were any indication, the trend is on the cusp of its tipping point after flirting with popularity for the past two years.

Call it a by-product of fashion's current crush on all things '80s. Whether or not that is a good or bad thing depends on whom you ask (and which designer's work you're looking at.) Technically, we can thank Stephen Sprouse and Marc Jacobs for the return of fluorescent colours.

Jacobs produced a hugely popular retrospective of the late American designer's iconic Day-Glo bright graffiti prints for Louis Vuitton before using similar colours in his own signature women's wear collection. The happening ended up being a signal of a larger trend to come. It also brings a set of problems: How best to wear it without looking ridiculous or burning someone's retinas?

1 Accessorize, accessorize

Wearing a bold neon handbag, pair of shoes, cuff bracelet or scarf as a statement accessory is the easiest way to rock the neon trend with the lowest amount of risk. It's also a great way to give your existing wardrobe an on-trend update. Best of all, it can give a basic, everyday outfit such as jeans and a T-shirt or an all-black ensemble an extra kick.

MARC JACOBS

2 Let your nails make a statement

If you don't want to shell out major money for Day-Glo clothing or accessories, do like recording artists such as M.I.A. and Ebony Bones and stock up on neon nail colours. It makes a credit-crunch friendly way to experiment with the trend without fully committing to it. OPI has a selection of fun bright colours such as Flamingo Pink ($11) (right).

3 Go full-on and own it

If you choose to wear a full-on fluorescent look, it's best to go with a strong single item (a dress, trousers, skirt or jacket, for example) rather than a complete outfit of Day-Glo separates and matching accessories. Accessorize with a whole lot of confidence.

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Editors' Pick

JETSET STYLE

UNZIPPED Stash your stilettos — and your cell – in this bag from a collection inspired by insider fave Stephen Sprouse. Graffiti Speedy 30 bag ($1,170, Louis Vuitton)

MODEL BEHAVIOUR Not Meisel? Not interested. Hide from unworthy paparazzi snappers with these shades ($465, Marni)

Get pretty and fragrant fingers

SOFI PAPAMARKO
For Metro Canada

BEAUTY Wearing Revlon's Fruitful Temptations is like having the Garden of Eden at your fingertips.

The new nail polish line comes in eight great summertime colours that radiate yummy fruit fragrances when dry.

Not So Blue-berry appeals to our inner 8th grader, with its fragrance reminiscent of blueberry gumballs and/or scratch-and-sniff stickers and a sparkly periwinkle finish.

Raspberry Rapture is a little more grown-up; this vibrant candy shell pink smells the way sipping a Cosmopolitan tastes. We have a big crush on Coconut Crush, a shimmering white polish that brings to mind tropical resorts, sunscreen and luaus. Pretty in Papaya is a very wearable bright orange that releases a fragrance more similar rosewater than its namesake, but we can't stop smelling our fingers while it's on. And Mon Cherry is a retro red creme with a mouthwatering and familiar fragrance.

Other available shades include Mad About Mango, Sublime Strawberry and Passionate Fruit. (We'd have liked it if they'd included a Sinful Apple shade, but maybe that's pushing the Biblical parallel a little far.)

Revlon's new Fruitful Temptations collection radiates fruit fragrances when dry.

Playful, affordable, chip-resistant and Big Three Free (DBP, toluene & formaldehyde), Revlon's Fruitful Temptations are destined to brighten tanned fingers and toes all summer long.

Night moves

By RITA SILVAN
Editor-in-Chef

What could be more seductive than hot French actor Vincent Cassel in a black tuxedo, descending the steps of the Grand Palais while several alluring models aim to slow him down?

Cassel is the face of the new Yves Saint Laurent fragrance for men, La Nuit de l'Homme. And on the night of the fragrance launch, appropriately set at the Musée de l'Homme in Paris, there was an audible gasp from normally jaded fashion editors as the perfume commercial was shown.

Shot by Cassel's friend Gaspar Noé, the video perfectly captures a city in which people aren't too tired to have sex. More than once. A day. Taken a bit by surprise by the guests' reaction to his unconventional sex appeal, Cassel remarked: "This video refers to the Paris touch, which is a good thing. You can be louche, as long as you do it with style and elegance!"

The best way for a man to seduce a woman, he says, is "to keep a bit of distance but also have a straightforward attitude."

Yves Saint Laurent La Nuit de l'Homme ($88 for 100mL)

Nickelback, Fernandes lead hunt for MMVAs

Nickelback and singer Danny Fernandes lead the way with five nods each as the 2009 MMVAs nominations were announced yesterday. The 2009 MMVAs airs live Sunday, June 21, at 9 p.m. ET, on MuchMusic. METRO NEWS SERVICES

Entertainment

Suicide doctor

Al Pacino will star in a biopic about Jack Kevorkian, the right-to-die doctor who made headlines during his campaign to assist patients determined to commit suicide. EMPIREONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

The goth rocker with a heart

Marilyn **Manson**

Album: The High End of Low
Label: Interscope/Universal
Rating: ●●●½

THE DEBATE HAS already started among Marilyn Manson fans. Has our goth-rock shock trooper refound his old toxic self? Or is he merely slowing down his slide into a form of middle age introspective goo that even parents can find secretly listenable ... sometimes ... after dark ... like, way after the kids have gone to bed. Who cares? Listen to this album for what it is and not what you want Marilyn to be. He delivers a stylishly sophisticated album that's as much Bowie-esque culture croon as it is lyrically offensive. There are parts that seem more manufactured than industrial, especially the single Arma-godd**n-mother-f**kin-geddon. But there are also frighteningly intense scenes of self-doubt. Yes, Marilyn does have a heart. No doubt, the old fans will want to rip it out.

Graham Rockingham/for Metro Canada

GETTY IMAGES

Marilyn Manson is back with a new album, the stylishly sophisticated The High End of Low.

Mandy **Moore**

Album: Amanda Leigh
Label: Sony Music
Rating: ●●½

IT'S HARD NOT to feel for Mandy Moore. She came into the music world with Britney-like candy pop, and she's been trying to shed that image ever since. Her latest effort Amanda Leigh, named after the singer's first and middle names ("this is the real me!" she's saying), pushes her even farther away from the old days.

Music**Reviews**

music@metronews.ca

This is a schizophrenic collection of folk, adult pop and the occasional rocker. The standouts are definitely the louder tracks and the more classic folk tunes, but the bouncy, cheesy track Pocket Philosopher and the musical-like, instrumental reprise of Merrimack River should have been shown the door.

Bryan Borzykowski/for Metro Canada

Hayden

Album: The Place Where We Lived
Label: Hardwood/Universal
Rating: ●●½

SWEET, SHY, INNOCENT Hayden. We all have friends like you ... hiding in their basement apartments, afraid to come out and admit that their girlfriend dumped them for some guy who actually has a life. There are moments on this album that point to what Hayden could do if he would only come out and play. But Hayden, truth is that this tired act simply gets boring after awhile. This album will appeal to young women yearning to cuddle our hapless teddy bear out of his dank lair.

Graham Rockingham/for Metro Canada

Tori **Amos**

Album: Abnormally Addicted to Sin **Label:** Universal Republic/Universal
Rating: ●●●

AFTER TORI AMOS' ambitious American Doll Posse failed to resonate with the public, the quirky pianist returned with a relatively straight-up affair. However, her latest is still a pastiche of sounds, from the trip-hop gothic opener to the mundane ballad Maybe California, this record has something for everyone. While there are plenty of interesting moments, like Strong Black Vine's Zeppelin-like violin, other spots — the boring Not Dying Today for one — should teach Amos to use an editor next time.

Bryan Borzykowski/for Metro Canada

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/28/09	251	308	3 CBC	22 Minutes	Laughs	Doc Zone (CC)		Doc Zone (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	Soup Presents	Young Hollywood: A to Zac: The E! True Hollywood Story (N)		News (N)		
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Auditions continue. (N) (CC)				(:01) Without a Trace (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Prey" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	The Office "Fun Run" (CC)		The Office	The Office	Harper's Island (N) (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Greek "The New Normal"		Wife Swap "Melton/Dufrene"		Grey's Anatomy (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		30 Rock	30 Rock	30 Rock	30 Rock	Privileged (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Prey" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Murder 2.0" (CC)		CSI: Crime Scene Invstgtn.		(:01) Without a Trace (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	30 Rock	The Office	(:31) 30 Rock	The Office "Stress Relief"		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	2009 Scripps National Spelling Bee From Washington, D.C.				Grey's Anatomy (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Cave ★★ (2005, Horror) Cole Hauser, Morris Chestnut.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Lost in Austen (CC)		Lost in Austen (CC)		Alone in the Wilderness (CC) (DVS)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Auditions continue. (N) (CC)				News (N) (CC)		Family Guy
	-	364	45 PBS	MI-5 "Blood & Money" (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	Smallville "Prey" (CC)		Supernatural (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Bring Wall St
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Beach Volley.	UFC: Access	Hockey	The Ultimate Fighter		MMA Conn	Sportsnet Connected		Sportsnet
	400	400	30 TSN	NBA Basketball: East Final		SportsCentre (Live) (CC)		PartyPoker.net Women's World Open (Taped)				SportsCentre
	411	457	48 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker Kaleigh and Alana.		Bounty Hunter	Bounty Hunter	Departures
	410	403	50 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Wrecked (N)	Wrecked (N)	Pimp My Ride	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked (N)
	416	409	144 GLF	Fútbol Colombiano		Gol TV News	Game Cap	Off the Pitch	Toronto-Today	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life Only three remain.		Falcon Beach "Wake Jam"		Mystery Hnt.
	555	545	60 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	Joe's Apartment ★ (1996) Jerry O'Connell, Megan Ward. (CC)			
	557	541	61 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	63 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Man Who Found-Titanic		Art	Heaven-Earth	Ansel Adams (CC)		On Screen
	575	583	20 CMT	Hope & Faith	Hope & Faith	Jason McCoy's Smashtown		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchTopTens (CC)		One Tree Hill (CC)		Daddy's Girls	Degrassi: TNG	Technical Diff.	Technical Diff.	Spotlight
	600	564	25 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	31 A&E	Crime 360 (N) (CC)		The First 48 (CC)		The First 48 Graduate shot.		The First 48 "Blackout" (CC)		Crime 360 (N)
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		GameTrailers TV		MANswers	Jesse James	MANswers	Beavis-Butt.	GameTrailers
	521	560	34 TLC	Street Customs "GTO" (N)		American Chopper (CC)		Street Customs "GTO" (CC)		American Chopper (CC)		Hot Rod
	616	522	53 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Sin City ★★★ (2005) Jessica Alba. (CC)		
	620	523	70 BVO	(6:00) Pink Ludoos ★★		Law & Order "Tombstone"		Without a Trace "Kam Li"		Shower ★★★ (1999, Drama) Zhu Xu. (CC)		
	601	562	41 SLC	X-Weighted "Family Ties"		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	MythBusters YouTube myths.		Daily Planet (CC)		Machines of Malice		Machines of Malice		MythBusters
	522	506	44 HIS	NCIS "Internal Affairs" (CC)		Ancient Discoveries		Go Deep "Wired Sharks"		NCIS "Internal Affairs" (CC)		Sea Hunters
	627	528	45 SPC	The Adventures of Pluto Nash		Stargate SG-1 "Fallen" (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	57 TBS	Win a Date With Tad Hamilton! ★★ (2004) Kate Bosworth.				Sex and-City	Sex and-City	(:10) Flubber ★★ (1997) (PA) Robin Williams.		
	619	525	48 TROP	Vanity	Inside Hollywood		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Jamie's School	Dinners (CC)	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Jamie's School	Dinners (CC)	Dinners
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	320	621	60 CEN	They Wait	Tracey Ullman	License to Wed ★ (2007) Robin Williams.				(:35) Sex and the City ★★★ (2008) Sarah Jessica Parker.		
	581	566	101 MTV	Canada's Next Top Model		Teen Cribs	After	The Hills	The Hills	Canada's Next Top Model		MTV Live
	261	394	102 V	(6:00) Edward Scissorhands		Poltergeist: The Legacy		Edward Scissorhands ★★★ (1990, Fantasy) Johnny Depp.				Paid Program
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

My Name Is Earl

While reading to local children, Earl (Jason Lee) reminisces about a recent item on the list for which he and Randy (Ethan Suplee) made amends after Earl found his old friend Raynard (guest star Ewen Bremner) living in the wild with a raccoon for a companion. Jaime Pressly, Nadine Velazquez and Eddie Steeples also star in "Reading Is a Fundamental Case." 8 PM on JOY NBC

The Office

Michael (Steve Carell) tries a number of ways to help his staffers learn to relax but is stunned to discover he is actually the primary source of their stress. Hoping to reduce their intimidation level, he plans a no-holds-barred roast of himself — because what could go wrong there, right? Andy (Ed Helms) becomes convinced that Jim and Pam (John Krasinski, Jenna Fischer) are film experts in the hourlong episode "Stress Relief." 10 PM on NBC

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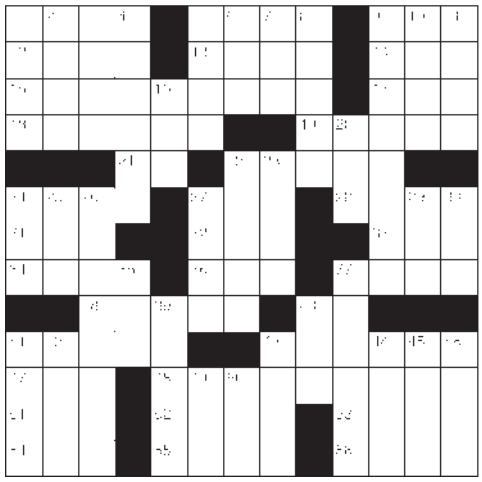
Take Five



Crossword across

1 "Dragnet" star
5 Steffi of tennis fame
9 Society newcomer
12 Car bar
13 "Mona —"
14 Buckeyes' sch.
15 Focus on
17 Miss at a barn dance
18 Spa
19 Terrible
21 Former partner
22 City of India
24 "Lion King" baddie
27 Geological period
28 Shrek, for one
31 Tin Man's need
32 — de deux
33 Towel designation
34 Hairless
36 Lamb's dam
37 Put an end to
38 Insurgent
40 Lindbergh book
41 Pigs
43 Make fizzy
47 Trail behind
48 "Don't let go!"
51 "That's 19-Across!"
52 Dumbfounded
53 Diva's delivery
54 Encountered
55 Trawler gear
56 Glaswegian girl

Crossword down

1 Cleanse
2 Fair, for short
3 Rorschach figure
4 Improved
5 Smooth-talking
6 Tractor-trailer
7 Blond shade
8 Deadly
9 It may include a pair of aces
10 Isaac's eldest
11 Wall Street optimist
16 Illumination measure
20 Terse question
22 Speak slowly?
23 Facility
24 Weep loudly
25 Spy-novel grp.
26 Fine
27 Duel tool
29 Carnival city
30 Kreskin's claim
35 Lair
37 Soap opera, e.g.
39 Borstal Boy author
40 Drenched
41 Poor area of town
42 Carry on
43 Tosses in
44 Taj Mahal city
45 Anything but that
46 Greek vowels
49 Have bills
50 Allow

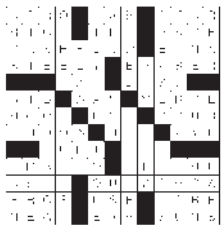
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		2		3	4			6
	8		6					5
	6		7				9	
2							4	
		7	1		3	6		
	5							7
	3				5		1	
6					2		5	
4			9	7		3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	7	3	9	2	6	5	1	8
5	6	2	1	4	8	9	7	3
8	9	1	3	7	5	2	6	4
3	8	9	4	6	7	1	5	2
2	5	7	8	3	1	4	9	6
1	4	6	2	5	9	8	3	7
6	3	4	5	1	2	7	8	9
7	1	8	6	9	4	3	2	5
9	2	5	7	8	3	6	4	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Teriyaki Lamb Chops

INGREDIENTS:
6 scallions
2 tbsp (25 ml) sesame seeds
1/4 cup (175 ml) reduced-salt soy sauce
2 tbsp (25 ml) cider vinegar
2 tbsp (25 ml) clear honey
1 small garlic clove, finely chopped
3/4 tsp (4 ml) ground ginger
8 bone-in lamb loin chops, trimmed
1/2 lb (250 g) Chinese vermicelli
4 carrots
1 red pepper
1/2 of 1 can (398 ml) whole baby corn, drained
1 1/2 tsp (7 ml) cornstarch

METHOD:
1. Cut 2 scallions into thin slices and rest into 1 1/2-in. (4-cm) pieces. Toast sesame seeds in nonstick frying pan, 3 minutes. Remove from heat. Stir in soy sauce, vinegar, honey, garlic, ginger and sliced scallions.
2. Roll narrow end of chops into medallions and secure with toothpicks. Place in baking dish and pour in soy sauce mixture. Cover and refrigerate 1 hour.
3. Cook noodles according to package directions. Drain. Cut carrots and pepper into matchsticks and blanch in enough water to cover, 3 minutes. Add remaining scallions and corn. Blanch until vegetables are crisp-tender, about 2 minutes. Drain and toss with noodles.
4. Preheat broiler. Remove chops from marinade; pour marinade into small pot. Broil chops 5 in. (12 cm) from heat until done to taste, 4 minutes per side for medium. Transfer to platter, remove toothpicks and keep warm. Bring marinade to boil. Cook, stirring, 2 minutes. Dissolve cornstarch in 1/3 cup (75 ml) water and whisk into marinade. Boil over medium-high heat, whisking, until sauce thickens, 2 minutes. Toss half of sauce with noodles, drizzle remainder over chops and serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Your financial plans may need to be rethought over the next few days. You may have trusted dodgy information: Change now or it will cost you later.

TAURUS ♉
APRIL 21-MAY 21
Look closely at some decisions you've made in recent weeks. Were they really for the best? It's not too late to think again, but you've got to be quick.

GEMINI ♊
MAY 22-JUNE 21
A fear or anxiety you thought was over and done with will surface again over the next 24 hours, but it's only a passing phase so don't be alarmed.

CANCER ♋
JUNE 22-JULY 22
You seem to think that if you don't grab all you can get you'll miss out, maybe even starve. It's not even remotely true, so calm down.

LEO ♌
JULY 23-AUG 23
Certain events seem to be spiraling out of control but there is no need to worry, still less to change what you are doing. Go with the flow.

VIRGO ♍
AUG 24-SEPT 22
It might be an idea to think again about something you decided over the past few weeks, especially if the decision was made in haste.

LIBRA ♎
SEPT 23-OCT 23
Be ready to change your plans at a moment's notice. Even the most far-sighted of Librans won't be able to see what is coming around the next bend.

SCORPIO ♏
OCT 24-NOV 22
You may be tempted to withhold your affection from someone who has let you down but if you punish them you will also be punishing yourself.

SAGITTARIUS ♐
NOV 23-DEC 21
If something is worrying you it is most likely just your imagination up to its tricks again. You have nothing to be anxious about — life is good.

CAPRICORN ♑
DEC 22-JAN 20
If you let someone get away with something they do not deserve to today they'll likely think you're weak and take more liberties in coming days.

AQUARIUS ♒
JAN 21-FEB 18
The best way to deal with an emotional problem is to ignore it. Refuse to focus on it and you'll deny it the energy it needs to be important.

PISCES ♓
FEB 19-MARCH 20
Something you thought was fact will turn out to be fiction today, and you won't be happy you were fooled so easily. Don't be too hard on yourself.

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Celebrity Buzz

Halle's online chat escapes

CREEPY Halle Berry finds fame so lonely, she has used the Internet to find friends, femalefirst.co.uk reports. The actress admits in the past she has used websites to meet people and have "normal" conversations, away from the superficiality of Hollywood.

But she insists she stopped short of ever romancing a cyber companion.

Berry explains, "I never went so far as a date. But I've gone online and pretended to be someone else, in an attempt to have some anonymity.

"I've tried, many times, to have a normal conversation when celebrity wasn't a part of it. Sometimes it worked and at others it became a little weird.

"The reason I did it was I wanted to remember what it was like to have a real, honest exchange with someone and to be treated normally."

METRO NEWS SERVICES

Prince Harry's good deed for war vet

FEEL-GOOD When he visits New York this weekend, Prince Harry has more to focus on than action on the polo field and fundraising for his Sentebale charity for African children. He'll pay special attention to the sacrifices made by servicemen and women around the world, people.com reports.

With this in mind, he has helped facilitate a dream trip to the U.S. for a young British marine who lost both his legs in a blast in Afghanistan.

Commando Joe Townsend, 21, was horrifically injured when he stepped on an anti-tank mine in Helmand province last year. Harry, 24, was serving in the same region (though they were not together) at the time.

While they are not travelling together to Manhattan, the pair will meet up privately during the prince's two-day stay. The veteran will join the prince on a tour of the facilities of a post-traumatic stress disorder treatment clinic at the Veterans Affairs Medical Center in Manhattan.

The original idea came from New York Mets owner Fred Wilpon, who approached royal staff and said he would pay for the trip. Harry — having heard of what he went through — nominated war hero Townsend. The New York visit will be Harry's first official tour to the U.S.

METRO NEWS SERVICES

Hef looking to offload Playboy?

BACKUP PLAN Hugh Hefner is reportedly looking to unload his floundering Playboy empire, and is looking to Virgin's Richard Branson to buy it.

According to the New York Post, Hefner is looking for $300 million US for the company, which has lost $13 million already this year.

"Everyone says he'll never let go, that he'll take it with him to the grave," a source tells the paper, while a Playboy spokesperson says that though no offers have been made, Hefner would "listen to proposals that could create value for all of our shareholders."

METRO WORLD NEWS

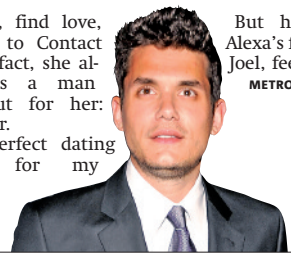
Christie the matchmaker

SETTING UP Christie Brinkley says her days of chasing younger men are over, and she'd much rather spend her time helping her 23-year-old daughter, Alexa, find love, according to Contact Music. In fact, she already has a man picked out for her: John Mayer.

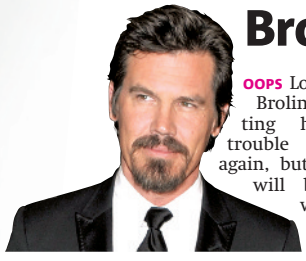
"He's perfect dating material for my daughter," Brinkley says.

But how would Alexa's father, Billy Joel, feel about it?

METRO WORLD NEWS



Brolin headed for doghouse?



OOPS Looks like Josh Brolin may be getting himself into trouble in Louisiana again, but this time it will be with his wife, Diane Lane, and not with the law.

While in New Orleans to film Jonah Hex, Brolin was spotted "getting cozy" with a young woman at several area nightspots before surfacing at 7 a.m., according to In Touch.

"Josh looked like he hadn't slept at all and she was wearing the same outfit as the night before and looked embarrassed," a source tells the magazine.

METRO WORLD NEWS

Celebrity Buzz

Mel and Oksana's new life

EVERYDAY LIFE So how do the original Sexiest Man Alive and his musician girlfriend spend their time together? Work, work, work, say family and friends — and then a little low-profile playtime, people.com reports.

By day, Mel Gibson, 53, and Oksana Grigorieva, who is pregnant with Gibson's eighth child, are hard at work at their respective careers — Gibson tending to film projects at his Santa Monica office while Grigorieva keeps busy making music at her house in Sherman Oaks, Calif.

"(Oksana) spent the last nine months locked up in a studio," her mother Lyudmila Chernukha, a retired music teacher, tells People of her daughter's collection of new songs — all of which Oksana, 39, wrote, arranged and sang herself.

Once work is over for the couple and the school bell has rung for Grigorieva's son, Alexander, 11, it's family time. The musician and her son will often meet up with Gibson — who has initiated divorce proceedings with his wife, Robyn — at his office or his Malibu home, sometimes dropping by a Russian restaurant that serves dishes from Grigorieva's homeland: Borscht, chicken Kiev and sturgeon.

"It (seems) very important to Oksana that Mel and her son bond," says a source. "Mel is fun to be around and great with kids."

At the end of the evening, the two typically returns to their separate homes so Grigorieva can get her son, whose dad is actor Timothy Dalton, off to a local school in the mornings. "She gets on well with Timothy Dalton, he is the father of her son after all," says Grigorieva's mother. "They parted on good terms and they see each other a lot."

METRO NEWS SERVICES

Amy tries hand at fashion line

STYLE MAVEN While she's been camping out in the Caribbean and recording a new album, Amy Winehouse has apparently been inspired to be creative in other ways.

The singer is reportedly working on a fashion line with British label PPQ and designers Amy Molyneaux and Percy Parker, according to Women's Wear Daily. The line will launch later this year.

METRO WORLD NEWS

Winona's fame caused big blues

DARK DAYS Winona Ryder has revealed she had an "extra-large breakdown" when she was 20, femalefirst.co.uk reports.

The 37-year-old actress struggled to cope when she was catapulted to worldwide fame following the success of her hit '90s movies.

METRO WORLD NEWS

GETTY IMAGES

Uproar over Twitter TV show

PROTEST Demi Moore and Ashton Kutcher have threatened to close their Twitter accounts if bosses of the social networking site enter into a proposed agreement to launch a reality TV show, femalefirst.co.uk reports.

Hollywood trade magazine Daily Variety reports the San Francisco-based company has partnered with TV producers on an unscripted show, in which fans try to track down celebrities via the Internet — and the news has upset Tinseltown's leading tweeters.

In a post on Monday, Kutcher wrote, "It's all fun and games until somebody gets stalked."

And his wife added, "I hope this isn't true — if it is our Twitter time may come to a quick and sad end."

But Twitter co-founder Biz Stone insists there's "no official Twitter TV show" and the news relates to a "lightweight, non-exclusive agreement" he has with TV producers.

METRO NEWS SERVICES

Evangeline's accidental diss?

LOOSE TONGUE Did Lost's Evangeline Lilly accidentally diss Angelina Jolie? Asked in the new issue of Women's Health which Hollywood A-lister she admires most, Lilly says Jolie, usmagazine.com reports.

Why? "No one knows that woman; she's a complete ice queen, which is perfect," she explains. "Why should she be any more? She doesn't owe us anything."

Lily adds that Lost producers have told her that she hasn't picked up on the opportunity to become a big movie star like Jolie. "It frustrates (them) that they've given me this chance to become the next Angelina," she says. "Sure, I'd love to be her, but just the humanitarian side."

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INCLUDES roundtrip airfare and 7 nights 3-star accom in famous Waikiki. **ADD** Polynesian sunset dinner and show cruise from $75.

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+ taxes & fees $457

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INCLUDES 8 days aboard a 50-foot yacht, snorkelling equipment, skipper and captain on this sailing adventure of the Greek Islands. Explore ancient archaeological sites, taverna-lined harbours and dine on fresh seafood.

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Banff Canada Day Weekend — FROM **$595** + taxes & fees $133

INCLUDES roundtrip airfare and 4 nights 3-star accom in Banff. **ADD** car rental with unlimited mileage from $84. **ADD** discover grizzly bears tour from $139. **ADD** canyon river rafting from $96.

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INCLUDES all accom, transportation, some meals, tour leader, local guides & surf instructors on this 9-day small group tour. **HIGHLIGHTS** San José, Arenal Volcano, Monteverde Cloud Forest and Zopilote Surf Camp.

South Africa 12-Day Tour — FROM **$899** + local payment ZAR1190

INCLUDES all accom, transportation, most meals, tour leader and local guides on this 12-day small group tour from Durban to Cape Town. **HIGHLIGHTS** Addo Elephant Park, Tsitsikama National Park, Cango Caves and wine tasting in Stellenbosch.

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